

Measuring caregiving belief, caregiver competence, and caregiving interaction

量度照顧信念、照護者信心、及照顧的關係

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Introduction

- Although many caregiver measures have been translated into Chinese, research has shown that these measures may not reflect the needs unique to Chinese caregivers.
- There is a need for a culturally-appropriate tool for caregivers who value traditional family belief.

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Background

- In a study that evaluated a personalized email support service for Chinese Canadians who take care of a family member with dementia, a caregiver measure was developed.
- This paper reports on the development of this measure, which is called Traditional Family Caregiving Measure.

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Method

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Setting

- Toronto, Ontario, Canada.
- Participants were recruited from a not-for-profit organization that serves Chinese seniors and their family caregivers



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Design

- The measure was developed in two studies.
- Study 1 used in-depth interviews to explore the caregiving situations to generate the measurement items.
- Study 2 invited caregivers to complete the questions developed in Study 1 for selecting the items and calculating the internal consistencies of the questionnaire.

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Participants

- Unpaid, informal caregivers
- 18 years or older
- Provided care for a family member with dementia
- Could speak, read, and write Chinese
- Had access to the Internet
 - Internet access was an inclusion criteria because the main study involved the provision of online support services.

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Analysis

- Exploratory factor analysis.
 - Items with factor loading less than 0.6 were excluded
- Cronbach's alphas

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Study 1

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Study 1 Participant Characteristics

- 10 caregivers participated in the in-depth interviews.
- A typical caregiver
 - was female, in her 50's, who spoke fluent English, and had a college or university education
 - immigrated to Canada when she was about 20 years old
 - had lived in Canada for 10 to 20 years
 - lived with the care recipient
 - provided care for more than 20 hours per

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Qualitative Interview Analysis

- Qualitative interviews were conducted in Cantonese and audio-taped
- Interview contents were transcribed verbatim
- Analyzed the transcriptions
 - The meaning
 - Salient themes
 - Use of words

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Concept development



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Item generation

- Generated 25 items.
- Four-point Likert scale.
- Available in English, Traditional Chinese, and Simplified Chinese.
- For use in Study 2 participants to complete.

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Study 2

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Study 2 Participant Characteristics

- 18 caregivers
- A typical caregiver
 - was female, in her 50s
 - who spoke fluent English and had a college or university education
 - immigrated to Canada when she was about 20 years old
 - had lived in Canada for 30 years
 - cared for and lived with her father or mother who was about 80s year old
 - had provided care for more than 10 years
 - spent less than 10 hours per week to give care
 - experienced a moderate or severe perceived

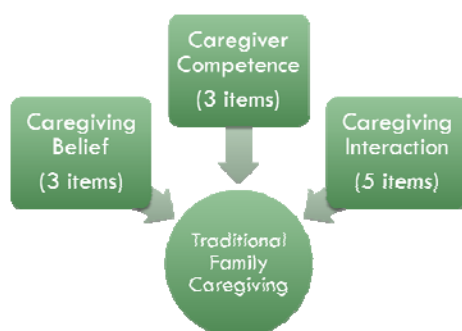
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Item Selection

- After the participants had completed the 25-item questionnaire, we conducted the exploratory factor analysis for item selection
- 11/25 items met the selection criteria

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Three measurement scales



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Caregiving Belief Scale (CBS)

Measures the belief of traditional family caregiving values

Items	Responses	Count
1. Taking care of my family member is my responsibility	1 Yes, definitely	13
	2 Yes, I think so	5
	3 No, I don't think so	0
2. Taking care of my family member is more than a responsibility; it is a way of life	1 Yes, definitely	12
	2 Yes, I think so	4
	3 No, I don't think so	2
3. My belief in how to take care of my family member is different from the Westerner's belief	1 Yes, definitely	8
	2 Yes, I think so	4
	3 No, I don't think so	3
	4 No, definitely not	0
	Missing	3

Caregiving Belief Scale

Items	Factor
1. Taking care of my family member is my responsibility	.831
2. Taking care of my family member is more than a responsibility; it is a way of life	.942
3. My belief in how to take care of my family member is different from the Westerner's belief	.826

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Caregiver Competence Scale

Measures the knowledge about caregiving and the health problem of the care recipients

Items	Responses	Count
1. I am not sure if what I am doing is right or not	1 always	0
	2 sometimes	11
	3 occasionally	4
	4 never	2
2. I feel I have the skills and knowledge to be a competent caregiver	1 No, definitely not	0
	2 No, I don't think so	9
	3 Yes, I think so	8
	4 Yes, definitely	4
3. I do not know enough about my family member's illness	1 Yes, definitely	4
	2 Yes, I think so	8
	3 No, I don't think so	5
	4 No, definitely not	1

Caregiving Competence Scale

Items	Factor
1. I am not sure if what I am doing is right or	.930
2. I feel I have the skills and knowledge to be a competent caregiver	.732
3. I do not know enough about my family member's illness	.864

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Caregiving Interaction Scale

Measures the ability of the caregiver to interact positively when the care-recipient's behaviour

Items	Response	Count
1. When my family member does something abnormal, I am not sure if that is part of the illness	1 always	3
	2 sometimes	8
	3 occasionally	7
2. When I try to correct what my family member does, it causes conflicts between us	1 always	4
	2 sometimes	8
	3 occasionally	5
3. I am frustrated when I cannot correct my family member's behaviour	1 always	3
	2 sometimes	9
	3 occasionally	4
	4 never	2

Caregiving Interaction Scale

(cont.)

Items	Response	Count
4. Having conflicts with my family member is my greatest emotional struggle	1 Yes, definitely	4
	2 Yes, I think so	7
	3 No, I don't think so	1
	4 No, definitely not	5
5. My family member annoys me	1 always	1
	2 sometimes	6
	3 occasionally	9
	4 never	2

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Caregiving Interaction Scale

Items	Factor
1. When my family member does something abnormal, I am not sure if that is part of the illness	.625
2. When I try to correct what my family member does, it causes conflicts between us	.823
3. I am frustrated when I cannot correct my family member's behaviour	.886
4. Having conflicts with my family member is my greatest emotional struggle	.843
5. My family member annoys me	.925

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Variance explained & Cronbach's alpha

	Variance explained	Cronbach's alpha	No. of items
Caregiving Belief Scale	75.3%	0.812	3
Caregiver Competence	71.6%	0.777	3
Caregiving Interaction	68.4%	0.881	5

Scale

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Discussion – caregiving belief

- Chinese culture is known to have strong family ethics. Most participants believed that caregiving is more than a responsibility; it is a way of life.
- This measure helps to differentiate whether the caregivers view themselves as having a caregiving belief different from the Westerner's belief.
- Knowing the difference is important for understanding the needs and help seeking behaviours of the caregivers.

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Discussion – caregiver competence

- Caregiver competence involves understanding both the caregiving knowledge and health knowledge
- Caregivers who did not know enough about the illness also felt they had a lower competence in caregiving.
- Educating the caregivers about the illness and its impact on daily functioning is important

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Discussion – caregiving interaction

- Caregivers felt that frequent conflicts caused frustrations and caregiver stress.
- They did not know how to positively interact with the care recipient when they had abnormal, annoying behaviour.
- Caregivers can benefit from learning how their family member's illness has affected their comprehension and expression
- And to learn how they can use positive ways to listen to and interact with their family members they care for.

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Clinical Implications

- The Traditional Family Caregiving Measure can be useful for
 - understanding the needs of Chinese caregivers who have exposure to western healthcare beliefs and systems.
 - comparing the needs of Chinese caregivers from different cultural backgrounds.
 - evaluating the user profile of Internet-based Support Services, as Internet users can access the service from many countries.

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Limitations

- Caregivers who did not have Internet access were excluded
- May not be generalizable to
 - Chinese living in other countries
 - other cultural groups that value traditional family caregiving

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Conclusion

- Chinese people value family bonding and respect for the elderly even if they have lived in a foreign country for years.
- The Traditional Family Caregiving Measure can be a useful tool to understand the needs of
 - not only Chinese Canadians
 - but also Chinese living in other countries
 - and caregivers from other cultures who share similar family values
 - evaluate the user profile of Internet-based services
- More studies are needed to validate the

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